lyra

How to Cope with Distressing Events

Distressing Events can leave us feeling anxious, angry, helpless, and unable to focus on what matters to us—even when events aren't happening to us directly.

You can't control what happens in the world, but you can control how you react.

Create mindful moments

The goal isn't to get rid of unpleasant emotions, but to notice and accept them.

- **Tell yourself:** "It's OK to be [whatever emotion you're feeling]. It makes sense that I would feel this way." It's valuable to validate your own experience.

- **Spend 10 minutes sitting quietly, away from a smartphone, TV, or computer.** Notice what's happening within you (thoughts, emotions, physical sensations) with curiosity and without judgment.

- **Try 4-7-8 breathing.** Inhale for 4 seconds. Hold for 7 seconds. Exhale for 8 seconds. Repeat. This exercise can help calm your nervous system's stress response.

Try new media habits

Ask yourself:

· Does this media help me take productive action?
· Does it give me a healthier perspective?
· Does it improve my mood?

If the answer to all three is "no," try setting time limits or taking a break.

Prioritize self-care

The more chaotic life gets, the more we need self-care. Unfortunately, it's often during these times that we are less likely to make time for it.

Self-care is: prioritizing things that support your physical and mental wellness, like setting boundaries, taking breaks, exercising, getting good nutrition, sleeping enough, and connecting with others. Self-care isn't: self-indulgence or unnecessary luxury.

Reflection exercise

Identify 2-3 small, realistic actions you can take to prioritize self-care. For example: limiting scrolling or cable news to 20 minutes per day, going for a long walk at lunch, cooking your favorite meal, or calling a friend to vent.

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Set calendar reminders for each action. Then, share your plan with an "accountability buddy" you trust.

Focus on what you can control

When the world feels out of control, focus on the 3 things that are always within your control:

· **Your voice:** How might you bring attention and awareness to causes you care about?

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· **Your money:** What causes can you donate to? Does your spending align with your values? It's less about the amount, and more about the action.

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· **Your time and effort:** How can you get involved with organizations or efforts that matter to you in ways that are still feasible for your schedule?

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Remember: good things are happening in the world, even if it doesn't seem that way right now. Help yourself maintain motivation and a sense of balance by proactively seeking stories that inspire and give hope.

Lyra is here to support you and your team.

Reach us at **care.lyrahealth.com**